

**AMENDMENTS TO THE CLAIMS**

This listing of claims replaces all prior versions, and listings, of claims in the application:

**Listing of Claims:**

1-9. (Canceled).

10. (Previously Presented) A central control unit for controlling a plurality of exercise devices through wireless control signals initiated at the central control unit and delivered to the plurality of exercise devices, the central control unit comprising:

a receptacle that supports at least one storage medium containing an exercise program to be delivered to the plurality of exercise devices, said exercise program comprising (i) motivational content and (ii) control signals synchronized with said motivational content; and

a wireless transmitter communicably connected with said at least one storage medium and receiving said exercise program, said transmitter delivering said exercise program simultaneously to each of the plurality of exercise devices, wherein the simultaneous delivery of said exercise program to each of the plurality of exercise devices is the initial communication between the central control unit and each of the plurality of exercise devices, wherein the initial communication is initiated by a user at the central control unit.

11. (Previously Presently) The central control unit as recited in claim 10, wherein said control signals are delivered to the plurality of exercise devices using at least one of an infrared signal and a radio signal.

12. (Original) The central control unit as recited in claim 10, wherein said receptacle further comprises a base, a stand extending from said base, and a control panel mounted to said stand.

13. (Original) The central control unit as recited in claim 10, wherein said receptacle further comprises an input receptacle that receives said at least one storage medium.

14. (Original) The central control unit as recited in claim 13, wherein said at least one storage medium comprises one or more of a magnetic storage medium, an optical storage medium, and a flash memory medium.

15. (Original) The central control unit as recited in claim 13, wherein said at least one storage medium stores one or more MP3 audio files.

16. (Previously Presented) The central control unit as recited in claim 10, further comprising at least one input port, said input port receiving said exercise program from a broadcast transmission device.

17. (Previously Presented) The central control unit as recited in claim 10, further comprising at least one input port, said at least one input port receiving said exercise program from a computerized output device.

18. (Original) The central control unit as recited in claim 10, wherein said receptacle further comprises at least one of a USB port, a Firewire port, an Ethernet port, a serial port, or a SCSI port.

19. (Previously Presented) A central control unit for controlling a plurality of exercise devices through wireless control signals delivered to said plurality of exercise devices, the central control unit comprising:

a support structure that rests upon a support surface;

a control panel mounted to said support structure, said control panel comprising:

an input receptacle that receives at least one storage medium containing a plurality of exercise programs to be delivered to said plurality of exercise devices, each of said plurality of exercise programs comprising (i) motivational content and (ii) control signals synchronized with said motivational content; and

a wireless transmitter communicably connected with said input receptacle and receiving said exercise programs from said at least one storage medium, said transmitter delivering said exercise programs to said plurality of exercise devices using a wireless carrier signal, wherein said control panel is adapted to enable an exerciser to select one of said plurality of exercise programs at said control panel and activate said control panel such that said wireless transmitter delivers said one of said plurality of exercise programs to said plurality of exercise devices without prior communication between the exerciser and said plurality of exercise devices or from said plurality of exercise devices to said central control unit, and wherein said central control unit is adapted to control said plurality of exercise devices in succession without further input from the exerciser at said central control unit or said plurality of exercise devices.

20. (Original) The central control unit as recited in claim 19, wherein said support structure comprises a base and a stand extending from said stand.

21. (Original) The central control unit as recited in claim 19, wherein said at least one input receptacle comprises at least one of a compact disc player, a videodisc player, a magnetic tape player, a flash memory player, an MP3 player.

22. (Original) The central control unit as recited in claim 19, wherein said control panel further comprises at least one input device and at least one output device.

23. (Original) The central control unit as recited in claim 22, wherein said at least one input device comprises at least one control that changes at least one operating parameter of the central control unit.

24. (Previously Presented) The central control unit as recited in claim 22, wherein said at least one output device comprises at least one visual display that depicts a visual representation of said exercise program.

25. (Previously Presently) The central control unit as recited in claim 22, wherein said at least one output device comprises at least one audio device that broadcasts an audio portion of said plurality of said exercise programs.

26. (Original) The central control unit as recited in claim 19, wherein said wireless carrier signal is a signal selected from the group consisting of an infrared signal or a radio signal.

27. (Canceled)

28. (Previously Presently) The central control unit as recited in claim 19, wherein said control panel further includes one or more controls that can be manipulated to select at least one exercise program from said plurality of exercise programs.

29. (Previously Presented) The central control unit as recited in claim 19, further comprising at least one receiver, said at least one receiver receiving said exercise program.

30. (Previously Presented) The central control unit as recited in claim 29, wherein said at least one receiver uses at least one of a USB, Firewire, Ethernet, serial, and SCSI communication protocol to receive said exercise program.

31. (Original) The central control unit as recited in claim 29, wherein said at least one receiver receives broadcast signals from a broadcast transmission device.

32. (Previously Presented) The central control unit as recited in claim 19, wherein said plurality of exercise devices is of a first type of exercise device, said first type of exercise device being selected from the group of aerobic exercise devices or anaerobic exercise devices.

33. (Previously Presented) The central control unit as recited in claim 19, wherein each of said plurality of exercise devices is either a first type of exercise device or a second type of exercise device, said first type of exercise device and said second type of exercise device being selected from the group of aerobic exercise devices or anaerobic exercise devices.

34. (Previously Presented) The central control unit as recited in claim 19, wherein each of said plurality of exercise devices is either a first type of exercise device or a second type of exercise device, said first type of exercise device and said second type of exercise device being selected from the group of a treadmill, an elliptical, a weight stack, or a bike.

35-57. (Canceled).

58. (Previously Presented) A central managing unit for managing the operation of a plurality of exercise devices through exercise programming that is selected and activated at the central managing unit by an exerciser and simultaneously delivered to the plurality of exercise devices, the central managing unit comprising:

a receptacle providing a user interface for the central managing unit; and

a transmitter supported by the receptacle, the transmitter simultaneously delivering exercise programming to the plurality of exercise devices, the exercise programming comprising control signals synchronized with motivational content for controlling an operation of the plurality of exercise devices and simultaneously providing encouragement and/or instruction to the exerciser, wherein the central managing unit is adapted to:

enable an exerciser to select and activate exercise programming at the central managing unit, simultaneously deliver the exercise programming to the plurality of exercise devices without prior communication from the plurality of exercise devices to the central managing unit, control an operation of a first exercise device of the plurality of exercise devices upon selection and activation by the exerciser of exercise programming at the central managing unit and, upon completion of the operation of the first exercise device, automatically control an operation of a second exercise device of the plurality of exercise devices without any additional input from the exerciser at the central managing unit or at the plurality of exercise devices.

59. (Previously Presented) The central managing unit of claim 58, wherein the receptacle further comprises at least one storage medium, the at least one storage medium storing the exercise programming.

60. (Previously Presented) The central managing unit of claim 58, wherein the receptacle further comprises an input receptacle that receives at least one storage medium.

61. (Previously Presented) A central unit configured to initiate and transmit motivational content to a plurality of exercise devices, the central unit comprising:

a receptacle providing a user interface for the central unit; and

a transmitter supported by the receptacle, the transmitter simultaneously delivering the same exercise programming to the plurality of exercise devices, wherein the exercise programming is adapted to control each of the plurality of exercise devices individually and in succession without input from an exerciser prior to the central unit controlling each exercise device of the plurality of exercise devices, wherein the exercise programming includes motivational content and the delivery of the exercise programming is the initial communication between the central unit and the plurality of exercise devices, wherein the initial communication is initiated by the exerciser at the central unit.

62. (Previously Presented) The central unit of claim 61, wherein the exercise programming includes instructional content.

63. (Previously Presently) The central unit of claim 61, wherein the exercise programming includes control signals for controlling the plurality of the exercise devices.

64. (Previously Presented) An exercise system comprising:  
a central unit for communicating with a plurality of exercise devices, the central unit comprising:  
    a receptacle providing a user interface for the central unit; and  
    a transmitter supported by the receptacle, the transmitter delivering exercise programming initiated by an exerciser at the central unit to the plurality of exercise devices without prior communication between the exerciser and the plurality of exercise devices; and  
    wherein each exercise device of the plurality of exercise devices having an input device for receiving the exercise programming.

65. (Previously Presented) The exercise system of claim 64, wherein the central exercise unit further comprises at least one input port, the input port receiving the exercise programming from a broadcast transmission device.

66. (Previously Presently) The exercise system of claim 64, wherein the transmitter is a transceiver for:  
    delivering exercise programming; and  
    receiving feedback signals regarding the performance of exercise at the respective plurality of exercise devices.

67. (Previously Presented) A central communications unit for communicating with a plurality of exercise devices, the central communications unit comprising:

a receptacle providing a user interface for the central communications unit; and

a transmitter supported by the receptacle, the transmitter simultaneously delivering exercise programming to the plurality of exercise devices without prior communication between an exerciser and the plurality of exercise devices or from the plurality of exercise devices to the central communications unit.

68. (Previously Presently) The central communications unit of claim 67, wherein the exercise programming is delivered to the plurality of exercise devices using hardwire connections between the central communications unit and the plurality of exercise devices.

69. (Previously Presented) The central communications unit of claim 67 further comprising at least one input port, the input port receiving the exercise programming from an Internet address.

70. (Previously Presented) An exercise system comprising:  
a central unit for communicating with a plurality of exercise devices, the central  
unit comprising:  
a receptacle providing a user interface for the central unit; and  
a transmitter supported by the receptacle, the transmitter delivering  
exercise programming to the plurality of exercise devices without prior  
communication from the plurality of exercise devices to the central unit; and  
wherein each exercise device of the plurality of exercise devices has an input  
device for receiving the exercise programming, such that an exerciser can (i) initiate  
exercise programming at the central unit, which is simultaneously sent to a first exercise  
device and a second exercise device, then (ii) exercise on the first exercise device, and  
then (iii) exercise on the second exercise device without initiating any communication to  
the second exercise device or further communication to the central unit prior to  
exercising on the second exercise device.